

THE STAGES AND CHANGES OF PREGNANCY

Month	Physically	Emotionally	Baby	What Dad Can Do
First	<ul style="list-style-type: none"> •Tired and sleepy •Frequent urination •Nausea or excessive salivation (morning sickness) •Heartburn, indigestion, bloating, flatulence •Food cravings or aversions •Breast changes 	<ul style="list-style-type: none"> •Instability of mood, weepiness, irrational, irritable •Misgivings, fear, joy, worry, doubt. •Anxiety about her health & baby's health •Doesn't feel "pregnant" yet 	By the end of month 1, the baby is still smaller than a grain of rice. In two weeks more, the vital organs begin to grow and arms and legs will begin to form.	Recognize symptoms as part of pregnancy and not a personal attack. Reassure her that you are there for her. Help out with physical work around the house. Let her rest.
Second	(See above) including: <ul style="list-style-type: none"> •Constipation •Occasional headaches •Occasional dizziness •Clothes may be tight around waist and bust •Skin may "break out" 	(See above)	By the end of month 2, the embryo is more human-looking. It is 1.25 inches long from head to butt and weighs half an ounce. It's heart beats, arms and legs start to show fingers & toes. Bone starts to replace cartilage.	Watch for dizzy spells, feed her crackers in bed before getting up to reduce Nausea. Make her environment a healthy one. Take walks together.

THE STAGES AND CHANGES OF PREGNANCY

Month	Physically	Emotionally	Baby	What Dad Can Do
Third	(See above) including: <ul style="list-style-type: none"> • Veins appear on abdomen and legs with increased blood supply • Increasing appetite 	<ul style="list-style-type: none"> • Instability of mood continues • Misgivings, joy, doubt, fear, etc. • A new sense of calmness 	By the end of month 3, the fetus is 2.5 to 3 inches long & weighs about half an ounce. More organs are developing; circulatory and urinary systems operate. Reproductive organs are developed, but gender is difficult to distinguish externally. You may soon get to hear the heartbeat of your child!	Eat healthy and exercise. Go through the pregnancy together.

THE STAGES AND CHANGES OF PREGNANCY

Month	Physically	Emotionally	Baby	What Dad Can Do
Fourth	<p>(See above) including:</p> <ul style="list-style-type: none"> •Decreased frequency of urination •Decreased or end of nausea •Breast enlargement; less tenderness •Faintness, dizziness, especially w/sudden change of position •Nasal congestion, nosebleeds, ear stuffiness •Bleeding gums •Mild swelling of ankles and feet, sometimes hands and face •Varicose veins of legs •Hemorrhoids •Slight whitish vaginal discharge •Fetal movement felt near end of month if she is very slender 	<ul style="list-style-type: none"> •Instability of mood continues •May finally start to "feel pregnant" - may be joyful or scared •May feel frustrated if still doesn't "feel pregnant" •May feel scatterbrained, forgetful, have trouble concentrating •May be clumsy or drop things 	<p>By the end of month 4, the baby is 4 inches long, and is nourished by the placenta. It is developing reflexes like sucking and swallowing. Tooth buds appear, fingers and toes are well shaped. Baby still cannot survive outside the uterus.</p>	<p>Help her remember things; remind but don't ridicule. Continue to watch for dizziness and swelling of ankles etc. Keep her from doing too much. Rejoice with her when you are able to feel your baby move.</p>

THE STAGES AND CHANGES OF PREGNANCY

Month	Physically	Emotionally	Baby	What Dad Can Do
Fifth	(See above) including: <ul style="list-style-type: none"> •Fetal movement increases •Increasing whitish discharge •Lower abdomen aches from stretching ligaments •Bleeding gums •Hearty appetite •Leg cramps •Increased heart rate •Backache •Skin pigmentation changes on face 	<ul style="list-style-type: none"> •Acceptance that she is <u>really pregnant!!</u> •Fewer mood swings •Irritability continues •Continued absentmindedness 	By the end of month 5, the 8-10 inch long baby is very active. A soft "fur" covers its body and it has hair on its head; brows and eyelashes appear. A protective coating covers the fetus.	Be aware of what both of you eat! Weight gain happens to dad too. Massage her legs and back. Recognize her discomfort and just be considerate.
Sixth	(See above) including: <ul style="list-style-type: none"> •More definite fetal activity 	<ul style="list-style-type: none"> •Fewer mood swings •Start feeling bored with being pregnant •Some anxiety about future 	By the end of month 6, the baby is 13 inches long and weighs 1.75 pounds. Its skin is thin & shiny and you can see finger and toe prints. Eyelids begin to part and eyes open. If born, the fetus may survive with intensive care.	Remind her of how far she's gone. Talk to your baby. Pay attention to her and her needs.

THE STAGES AND CHANGES OF PREGNANCY

Month	Physically	Emotionally	Baby	What Dad Can Do
Seventh	(See above) including: <ul style="list-style-type: none"> • Stronger, more frequent baby movements • Heavier vaginal discharge • Leg cramps and backache • Itchy abdomen • Shortness of breath • Difficulty sleeping • Scattered Braxton Hicks contractions • Clumsiness, increased risk of falling • Colostrum, leaking from breasts 	<ul style="list-style-type: none"> • Increased worry about labor & delivery, baby's health & being a mom • Increased dreaming about baby • Start to feel - "lets get this over with" 	By the end of month 7, the baby may suck its thumb, hiccup, cry, taste sweet or sour, respond to stimuli, (light, pain, & sound). The baby now weighs about three pounds and has a good chance of surviving if born.	Help her settle in bed at night. Use pillows, massage and help create a relaxed atmosphere at home. Be aware her shape is changing. Don't say fat, say baby? Watch for slips or falls.
Eighth	<ul style="list-style-type: none"> • Regular baby movements • Increased shortness of breath and Braxton Hicks • Difficulty sleeping. 	<ul style="list-style-type: none"> • Increasing desire to have pregnancy over with • Increased absentmindedness • Excitement that its almost over 	By the end of month 8, the baby is 5 pounds and 18 inches long. Baby can see and hear. Brain grows a lot during this period Baby has excellent chance of survival if born now.	Do the more stressful daily duties, pay bills, deal with other kids or adults. She may want to cut back at work. Relieve <u>her</u> stress by attending child birth classes

THE STAGES AND CHANGES OF PREGNANCY

Month	Physically	Emotionally	Baby	What Dad Can Do
Ninth	<ul style="list-style-type: none"> •Less movement from baby (too crowded) •Vaginal discharge heavier •Increased backache •Buttock and pelvic discomfort •Easier breathing after the baby drops •More frequent urination after the baby drops •Braxton Hicks contractions are more intense, perhaps even painful •Hard to get around •Tired or energetic (periods of each) •Increase or loss of appetite 	<ul style="list-style-type: none"> •More excitement •Relief its almost over •Dreams about baby •Impatient •Irritable or overly sensitive, especially with peoples comments about the pregnancy 	<p>Lungs are mature.</p> <p>Average baby will weigh 7 and a half pounds and be 20 inches long.</p>	<p>Help her visit hospitals. Solidify plans for method of delivery. Make arrangements for child care of other kids. Talk to her about her fears about labor. Talk about your role in the delivery room. Make a soothing tape to play during labor. Practice "focused" concentration. Help her decide on a "focal" point of concentration.</p>